

Practice 1 Session – Individual – 45 mins
Objectives: Footwork development + Ball Screen Reads

POD of ONE – Need at least 2M space & NO sharing of equip or baskets

Requirement: One basket per person

Block 1 – Footwork – 20 mins

Set up:

Start on the baseline- where the key meets the baseline, spin the ball out towards the elbow – reverse pivot (plant the foot closest to the sideline) square up.

Moves/Progression:

Jab towards the middle, step across the body, 1 dribble and finish with a lay-up. (make X amount then switch sides)

Switch up finishes then: (1 step finish, outside hand) - (1 step finish, inside hand) - (Pro stop – 1,2 stop. – Finish outside hand) - (Reverse lay-up – finish across the lane) - (Reverse pivot ,plant foot closest to the middle) - (Jab baseline, attack middle) - (Switch up finishes) - (Reverse lay-up) - (Reverse lay-up off 1 step – inside hand and outside hand) - (Euro step) - (Pro hop/hop step) - (Spin)

Key points of emphasis:

- On balance
- Feet shoulder width apart
- Finish high on the backboard where appropriate
- Do each move/finish on both sides of the basket
- Encourage then positively reinforce correct technique



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Block 2 – Ball screen Reads – 15/20 mins

- Defense going under the screen
- Defense going over the screen and no hedge/soft hedge
- Defense going over the screen and hard hedge

Set up:

Start on the wing/45 outside the 3pt line (or the equivalent safe distance if using side baskets)

Defense going under -

- Spin the ball out to yourself, catch on 2 feet so can go off either foot.
- Jab baseline or dribble towards the baseline to set up the defender and the screen.
- Use the imaginary screen, defender goes under – pull up
- Use the imaginary screen, defense goes under – hesitate/make a move to get the defender to bite – attack the defenders high foot.
- Emphasis – being able to change speed and attack the defenders high foot.

Defense going over and a soft hedge/no hedge or help from screeners defender -

- Jab baseline or dribble baseline to set up the screen/defender
- Turn the corner and attack hard off the screen – finish with a lay-up
- If defender soft hedges or has drop coverage – can pull up. ‘Screener’ holds the screen, player uses screen and keeps defender on their back.

Defense going over and hard hedging from screeners defender -

- Set up screener again by going baseline first
- Use a separation retreat dribble to engage the hedge and then attack the hedge at the hip – can pull up or can attack and get into the lane
- Can add different moves, main point is to separate hard towards the halfway line and then to be aggressive off the dribble. Keep off hand active so hedge person can't steal the ball.

Key points of emphasis:

- 3 reads to work on seeing and then reacting to
- Be on balance and aggressive with your moves after you have the footwork down
- Mix up finishes with lay ups and pull up jump shoots
- Finish high on the backboard where appropriate
- Do each move/finish on both sides of the basket